2020 NATIONAL CAPITAL REGION RESULTS

Blue Star Families' annual Military Family Lifestyle Survey provides a comprehensive understanding of what it means to serve as a military family. This infographic represents a geographic cross-section of the results that only includes active-duty families. When referencing this data, please consider the following sample demographics:

- 77% are white, non-Hispanic
- 91% are female
- 82% are active-duty spouses
- 72% are officer ranks
- 33% are affiliated with the Army, 27% Air Force, 18% Navy, 13% Marine Corps, and 6% Coast Guard
- The average age of respondents is 40
- 85% have children
- 32% are unpaid caregivers

Top Family Issues (n=332)

- Spouse employment: 58%
- Children's education: 52%
- Time away from family: 44%
- Military family stability: 36%
- Relocation/PCS issues: 29%

BELONGING

- 57% feel welcome in their local civilian community (n=311)
- 40% feel they are a valued member of their local community (n=306)
- 38% feel a sense of belonging to their local community (n=311)

LOCAL COMMUNITY

Military families believe their local communities:

- 63% are supportive of military and Veteran families (n=302)
- 17% truly understand the sacrifices made by military families (n=300)

K-12 EDUCATION

- 52% my oldest child is thriving in his/her school (n=185)
- 46% my oldest child feels a strong sense of belonging to his/her school (n=179)

CHILDREN

- 73% cannot always find child care that works for their current situation (n=143)
- 21% have a child with special needs (n=237)

MENTAL HEALTH

- 20% do not receive mental health care but would like to (n=245)

Housing

Top factors for choosing current housing (n=271)

- Distance to base/installation
- Safety of my family
- Desirable school district
- Family-friendly

- 78% of those who live off-base pay more than $200 in out-of-pocket housing costs per month (n=223)

TIME AWAY

- 66% find OPTEMPO stressful or very stressful for healthy work/family life (n=314)
- 18% experienced 6+ months of separation in the last 18 months (n=286)

Top Family Issues* (n=148)

- Time away from family: 39%
- Access to military/VA health care: 32%
- Spouse employment: 30%
- Impact of deployment on family: 26%
- Lack of control over military career: 24%

*Veteran family sample demographics:
66% white
57% female
61% veteran
39% spouse of a veteran
Average age: 54

*Veteran respondents were not included in the statistics calculated within this infographic.
OVERALL TAKEAWAYS

Roughly 4 in 5 military family respondents in the National Capital Region pay over $200 each month in out-of-pocket housing costs.

Nearly three-quarters of military family respondents struggle to find child care that works for them.

Though most military family respondents feel welcome (57%) in their local community, only about 2 in 5 feel a sense of belonging.

One-third (33%) of military spouse respondents in the National Capital Region report COVID-19 worsened their employment situation.